

# day-to-day most

## Effective from 1st October 2020

You should read this table of cover along with the Tailored Health Plans membership handbook effective from October 2020, which you can find on [irishlifehealth.ie/more-info](http://irishlifehealth.ie/more-info).

### Day to Day Benefits

#### Day to Day Benefits subject to excess

Individual Day-to-day excess	€1
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#### Day to Day Practitioners

GP Visits	€25 x 5 visits
Digital Doctor	Unlimited. See <a href="http://irishlifehealth.ie">irishlifehealth.ie</a> for further information.
Nurse on call	Covered
Dentist Visits	€25 x 5 visits
Physiotherapist or Physical therapist	€25 x 7 visits

#### Allied Health Professionals and Alternative Practitioners

Podiatrist	€25 x 5 combined visits
Reflexologist	€25 x 5 combined visits
Nutritionist	€25 x 5 combined visits
Dietician	€25 x 5 combined visits
Massage therapist	€25 x 5 combined visits
Acupuncturist	€25 x 5 combined visits
Osteopath	€25 x 5 combined visits
Chiropractor	€25 x 5 combined visits
Reiki practitioner	€25 x 5 combined visits
Chiropodist	€25 x 5 combined visits
Speech therapist	€25 x 5 combined visits
Occupational therapist	€25 x 5 combined visits
Orthoptist	€25 x 5 combined visits
Homeopath	€25 x 5 combined visits

#### Other Day-to-day Benefits

Optical (eye test and/or glasses/lenses combined)	€25 x 5 visits
Consultant fees (non-maternity)	€60 x 3 visits
Public A&E Cover	€40 x 3 visits
Health Screening & allergy testing	Up to €80 per policy year